

ECHO OUTLAWZ



Echo Detachment  
502d Personnel Services Battalion  
4th Infantry Division (Mechanized)



Echo Family Readiness Group  
Official Newsletter

June 2005

Volume I, Issue V



Commander's  
Corner

During the last FRG meeting, 1LT Modlin gave us some great information pertaining to debt management. You must maintain realistic expectations. Nothing you do is going to change your financial situation overnight, but each time you make a sound financial decision, it will make a small difference. Every financial decision you make will impact your life over an extended period of time. It is important to keep an open mind about your personal finances and to stick to your financial goals. You must change the way you view your financial decisions, you must find a plan that works for you and stick with it. One of the goals of financial planning is to plan for retirement, or better yet, early retirement. It's difficult to save for retirement because of pressing demands, bills, children's needs, and unexpected expenses add up to make it difficult to save for retirement. Sometimes it's the little things that count. Imagine what would happen if you put some of the money you spend going out to dinner, seeing movies, or buying on impulse toward saving for retirement. It might not seem like much at first, but these simple tradeoffs really can add up over time. Take advantage of the information that the military has to offer and start investing towards your golden years now.

Thank you, CPT Gerald Galan



FRG Leader's  
Corner

Here in Texas the weather can become extremely hot. Here are Some tips on how to avoid Sunburns:

- Use a good sunscreen, with a minimum SPF of 15 for adults, 25 for adolescents and 30 for younger children.
- Keep babies out of direct sun. Some sunscreens can be absorbed through babies' skin, and should not be used. Also, babies are in grave danger of overheating. Because they are so small, they cannot cope with extremes of temperature.
- Drink plenty of water. Water is superior to almost all other liquids when out in the sun.
- Limit your time in the sun.
- The pain of a sunburn does not start until 2-4 hours after the burn actually occurs. So, if you wait until you feel the sunburn, you are in real trouble.
- If you get a sunburn, get inside to cool off and drink plenty of water. Cool baths will help the pain, as will ibuprofen or other analgesics.

Have a great and safe summer.

Thank you,  
Sabina Galan

In this issue:

Page 1	Commander's Corner/FRG Leaders Corner
Page 2	Sergeants Time Training (STT)
Page 3	Family Highlights/Soldier Highlights
Page 4	Recipe of the month/Scheduled Events
Page 5	Battalion Situational Training Exercise STX



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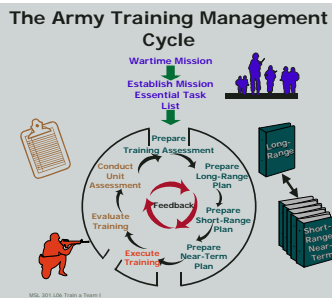
Volume I, Issue V



### Sergeants Time Training (STT)

#### Battle Focus Training

The foundation of the training process is the Army training management cycle. Understanding how the Army trains the Army to fight is key to successful joint, multinational, interagency, and combined arms operations. Effective training leads to units that execute the Army's core competencies and capabilities. Training management starts with the unit mission. From mission, unit leaders develop the mission essential task list (METL). The METL is an unconstrained statement of the tasks required to accomplish wartime missions. 502d Personnel Services Battalion METL is as follows:



mission. From mission, unit leaders develop the mission essential task list (METL). The METL is an unconstrained statement of the tasks required to accomplish wartime missions. 502d Personnel Services Battalion METL is as follows:

- Conduct survivability Operations
- Perform Tactical Operations Associated with Force Protection & deployment
- Sustain the Force
- Provide Essential Personnel Service Support

In order to maintain this proficiency, Echo Detachment trains as a unit and is constantly adapting to changes and multiple scenarios. The soldiers are doing an outstanding job and thanks to all the family members support.



### Sergeants Time Training (STT) Cont'd





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### Family Highlights

#### • Birthday Announcements:

SGT Jose Garcia 2 JUN  
SGT Ysian Feanny-Peele 7 JUN  
PV2 Brian Roerich 10 JUN  
Benjamin Deshields III 10 JUN  
SGT Benjamin Buskill 17 JUN  
Leo Galan 30 JUN

#### • Anniversaries:

PFC Michael Peppers & PV2 Brittnay Peppers 8 Jun

#### • Miscellaneous

##### Community Events Center "Bingo"

Building 500012, Clear Creek Road  
Behind AFFES gas station  
Phone: 288-6414

The Community Events Center offers Bingo six days a week. The smoke free facility offers several stations at which you can replenish your Bingo supplies.

#### Hours:

Tue - Sat, Doors open at 5:30 pm  
- first game at 6:45 pm  
Sun - Open at noon - first game at 1:45 pm.

##### Belton Lake Outdoor Recreation

Phone: 254-287-4907

Beach Phone: 287-6644

Boat Dock Phone: 287-5526

Water Slide Phone: 288-2928

BLORA is located 14 miles northeast of Fort Hood. Coming from the Fort Hood area: Take Martin Drive North (East Range Road), exit to North Nolan Road and turn left into the entrance at BLORA. To get to BLORA coming from Interstate 35: exit to Highway 190 west. Exit to Loop 121 north. Turn left on Sparta Road, then right at the BLORA entrance.



### Soldier Highlights

Congratulations to the following soldiers for:

#### Purchasing a new house:

CPT Galan  
SFC Barnes  
SSG Bishop  
SGT Gordon  
PFC Torres

#### Awarded the Good Conduct Medal

SGT Akbar  
SGT Wilson  
SPC Davis  
SPC Blanco  
SPC Matysik  
SPC Harrigan

#### Promoted to the next higher grade

SPC Amey

#### • ECHO Soldiers Re-Enlist and stay Army

SGT Boswell

#### • Hails!

We would like to take this opportunity and hail the following soldiers:

PV2 Murillo  
PVT Roerich

#### • Farewells!

With a heavy heart we wish the following families farewell as they move on from Echo Detachment, 502d PSB.

SGT Ramirez—Changing MOS  
SGT Boswell—Changing MOS  
SPC VanOs—ETS  
SPC Blanco—ETS  
PFC Benjamin — PCS to Korea  
PV2 Peppers — ETS





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Recipe of the Month

Moms Apple Pie

**Crust**

- 2 cups all purpose flour
- 1 teaspoon salt
- 2/3 cup shortening
- 5-7 tablespoons COLD water

Mix shortening, salt, flour with a fork until crumbly  
Add 5 tablespoons water and mix well, adding more water if too dry

**Apple Filling**

- 6-8 tart apples (Macintosh, Granny Smith)
- Pare, core and thinly slice
- 3/4 - 1 cup sugar
- 2 tablespoons all purpose flour
- 1/2-1 teaspoon ground cinnamon
- 2 tablespoons butter (or margarine)

**Slice apples**

Combine sugar, flour, cinnamon in a bowl  
Add apple slices and mix well  
Take 1/2 of the pastry and roll flat with rolling pin  
Line a 9" or 10" pie plate with the pastry  
Fill with apple mixture  
Dot with butter (or margarine)  
Take the remaining pastry dough and roll flat  
Place dough on top of apple pie mix  
Crimp along edges creating a scalloped edging  
Take a knife and cut slits into top pastry for steam to escape  
Bake in a 400 oven for 50 minutes or until crust is brown

Let cool, serve and enjoy!



Scheduled Events

3 JUN	CTT
8 JUN	FRG Meeting
10 JUN	BN CofC
16 JUN	CTT
17 JUN	Training Holiday
19 JUN	Fathers Day
24 JUN	DCIPS (Forward)
24 JUN	NCO induction ceremony
30 JUN	Annual Training
1 JUL	Training Holiday
4 JUL	Independence Day
8 JUL	203 Range
14 JUL	Map Reading
22 JUL	Land Navigation
29 JUL	Convoy Simulator

For more information pertaining to "What's Happening" at Fort Hood, go to <http://www.hoodmwr.com/acs/index.html>



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### Battalion Situational Training Exercise (STX)

A Situational Training Exercise (STX) is short, scenario-driven, mission-oriented, limited exercise designed to train one collective task, or a group of related tasks or battle drills, through practice. An STX usually contains multiple collective tasks linked to form a realistic scenario of a military operation, sometimes incorporating free-play. STX are used for training and evaluation, especially sustainment of task proficiency. STX are developed by Army service schools and published in Army Training and Evaluation Program (ARTEP) mission training plans (MTP). Echo Detachment continues to set the standard for the Battalion. They not only met the standard, the FAS Team leaders now have a better understanding of convoy operations and what it takes to ensure a mentally and physically well trained team. Great job Echo.



### Battalion STX Cont'd

